

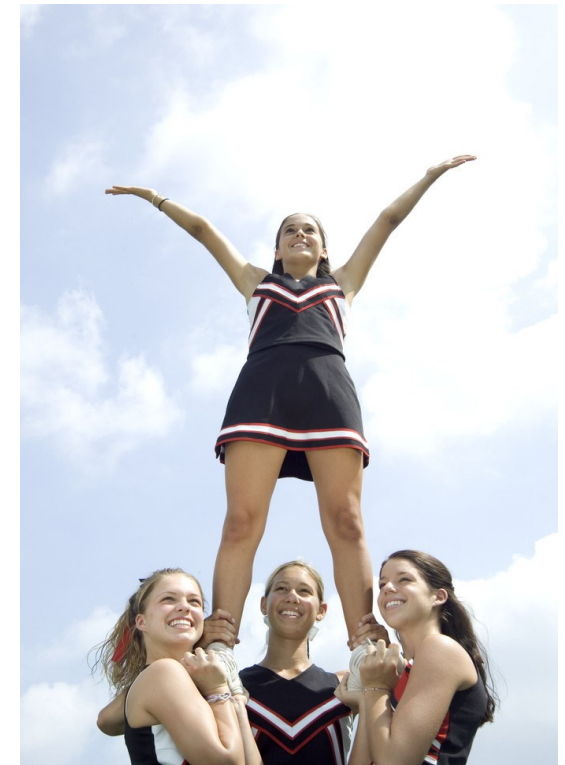


City of Nashua,  
Division of Public Works  
Mayor Jim Donchess

## 2016 GIRLS CHEERLEADING CAMP

ELM ST MIDDLE  
JULY 11<sup>TH</sup> – JULY 15<sup>TH</sup>  
&  
JULY 18<sup>TH</sup> – JULY 22<sup>ND</sup>

AGES 5 - 15  
\$90/RESIDENT  
\$130/NON-RESIDENT



## WHERE TO OBTAIN PARKS & REC. INFORMATION



### Nashua Park and Recreation

Information about Parks & Recreation events and clinics being held throughout the summer will be available at the following locations:

- Jeannotte's Market
- Bright Spot
- City Clerk's Office
- Nashua Public Library
- Public Schools
- Private Schools
- The Parks & Recreation Department

The Parks and Recreation Department can also be reached via the City of Nashua's website at [www.gonashua.com](http://www.gonashua.com).

Questions or concerns can be directed to:

**Tom Dwane, Program Manager**  
[dwane@nashuanh.gov](mailto:dwane@nashuanh.gov)

**Kellie Oberholtzer, Program Coordinator**  
[oberholtzerk@nashuanh.gov](mailto:oberholtzerk@nashuanh.gov)

### **Nondiscrimination Policy**

*The City of Nashua does not discriminate against any individual or group with respect to religion, color, national origin, sex, or handicap for the use of its parks and recreation facilities or any other programs.*

### 2016 NASHUA GIRLS CHEERLEADING SUMMER CAMP REGISTRATION FORM

Child's Name \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age \_\_\_\_\_ (At Camp Date)

Address \_\_\_\_\_ Home # \_\_\_\_\_ Emergency # \_\_\_\_\_

Medical Problems \_\_\_\_\_ Email Address \_\_\_\_\_

### **NO REFUNDS MADE IF CANCELLATION OCCURS AFTER ONE WEEK PRIOR TO CAMP**

Cost for Camp-\$90 RESIDENTS \$130 NON-RESIDENTS

(must check box) I have read, agree to and completely understand the Release and Waiver of Liability online at [www.gonashua.com](http://www.gonashua.com).

☐ I understand that the City of Nashua and those associated with the camp program will be absolved of all injuries or accidents incurred in this program. In the event of injury or accident, the staff has my permission to provide necessary medical care.

Parent/Guardian \_\_\_\_\_ / \_\_\_\_\_ Date: \_\_\_\_\_

(Sign Here)

(Print Here)

Mail Check and Application to: Parks-Recreation Department, 100 Concord Street, Nashua, NH 03064-1729.

Make Checks Payable to: City of Nashua

## GENERAL INFORMATION

Time: 9:00 AM - 3:00 PM

Drop-off starts at 8:45am

Pick-up ends at 3:30pm

Per Week \$90/Resident/\$130/Non-resident

### Session 1

Elm St. Middle School- Chestnut St.

July 11<sup>th</sup> - July 15<sup>th</sup>

### Session 2

Elm St Middle School- Chestnut St.

July 18<sup>th</sup>– July 22<sup>nd</sup>

## WHAT TO BRING

- Sneakers  
(No Flip Flops)
- Shorts
- Water
- Lunch
- Snacks



## CAMP DIRECTOR

### Brandi Six

Cheerleading Coach  
Elm Street Middle School



## WHEN CAMP ENDS...

Summer camps are a great way to introduce kids to a variety sports that may interest them. For those who are interested in continuing to cheer beyond summer camp, here are some tips and other information to prepare you for the sport:

- Eat healthy
- Get plenty of rest
- Get in shape and stay active. You'll need strength, endurance, and flexibility to be a successful cheerleader or dancer.
- If you're considering tryouts, be sure to find out the time span of tryouts. Is it two weeks or two days? Also, find out if there are any special events that you should attend or at least be aware of (i.e. a stunt, tumbling, or dance technique class, mock tryouts, etc.).
- Talk to past or present team members. They can be an excellent source of information about the style of cheer or dance coaches look for. Most people would be flattered that you're asking for their help.
- Record the tryout music.
- Every time you practice, even while you're just learning, do all the moves full out and sharp. This will help it become natural.
- Have confidence in yourself - at clinic and on the day of tryouts. A simple smile and a great attitude can show a great deal to the coach and judges.

## CHECK ALL THAT APPLY

### Session 1

Elm St. Middle School

July 11 - July 15

9:00 AM - 3:00 PM

Cost: \$90

☐

### Session 2

Elm St Middle School

July 18 - July 22

9:00 AM - 3:00 PM

Cost: \$90

☐

## INTERESTING FACTS

According to the book "The Complete Guide to Cheerleading," organized cheering started at Princeton University in 1884, when the crowd created a cheer to inspire its team. In 1898, Tom Peebles became the first cheerleader when he led the crowd at the University of Minnesota. Later that year, a group of six men at the University of Minnesota continued the trend and expanded cheerleading. In 1923, cheerleading expanded to include women.

Cheerleading has grown considerably since its origins -- most college football and basketball teams now have their own squads.

